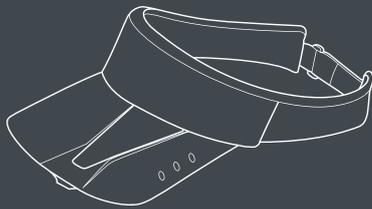


screeneye x



Quick start guide English

1. ACTIVATE SCREENEYE X

To get the **screeneye x** visor from sleep mode, press the middle button and hold it for 5 seconds. The current time appears.



2. BASIC SETTINGS/PAIRING

If the **screeneye x** is activated and the current time is displayed, select "SETTING" by pressing 3 times the front button. Press the middle button to open "SETTING". Set date and time in the menu "TIME". Adjust each value by pressing front or rear button, confirm with the middle button.

To pair optional sensors, select "SETTING" (see above) and press the middle button, then go to "PAIR" with front or rear button and select with middle button. When "YES" is blinking, be sure, that your sensors are activated, then confirm by pressing the middle button again. When pairing is done, "PAIRED" appears in the display.

3. SPORT - MODE

Press front or rear button and choose "SPORT". Open the menu "SPORT" by pressing the

middle button. The display is divided into 2 parts which can display different values. Switch between by pressing the front or rear button. Hold the middle button to start the stop watch. Hold the rear button to start the coach mode.

4. OVERVIEW DISPLAY

	Stop watch
	Cadence (optional)
	Current time
	Heart rate in % of maximum heart rate (optional)
	Distance in km or miles (optional)
	Current heart rate (optional)
	Temperature
	Lap time
	Speed / Pace (optional)
	Below high zone setting
	Above low zone setting

5. KEYS

Rear Button

Short key stroke

Menu

Move backward in menu

SPORT mode

Scroll through the values on the right side

Setting mode

Decrease value

Long key stroke

Menu

No function

SPORT mode

Switch to coach mode

Setting mode

Decrease value rapidly

Middle button

Short key stroke

Menu

Select/confirm current menu item

SPORT mode

Begins a new lap when stop watch is running.

Setting mode

Select and confirm

Long key stroke

Menu

No function

SPORT mode

Start and stop the stop watch

Setting mode

No function

Front button

Short key stroke

Menu

Move forward in menu

SPORT mode

Scroll through the values on the left side

Setting mode

Increase value

Long key stroke

Menu

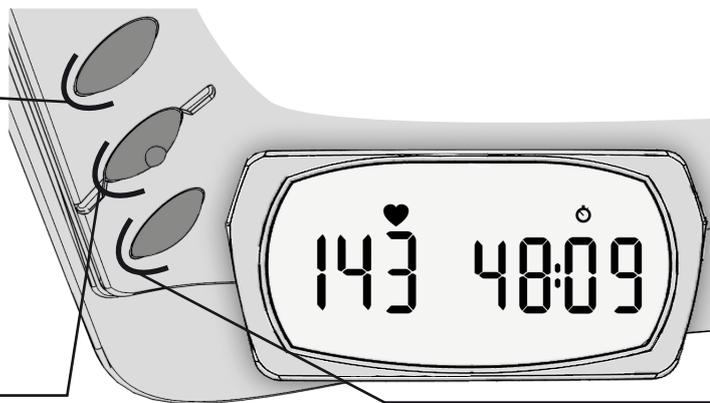
Switch to a higher menu level

SPORT mode

Switch to a higher menu level

Setting mode

Increase value rapidly



6. OPTIONAL ACCESSORIES

The **screeneye x** visor is ready to use with the **heart2feel x** heart rate belt and the **maxrun** foot pod sensor. For more information about optional accessories, go to www.o-synce.com. You can also contact your o-synce dealer to purchase accessories.

7. DATATRANSFER

All in the stop watch mode recorded data can be transferred with the included USB cable. The detailed user settings such as gender, age, weight, heart rate limits, etc. can be set. Use the **traininglab** software from our website: www.o-synce.com/tLab

8. MORE INFO

Visit our website for a detailed manual and further information.
www.o-synce.com



9. KEYFLOW

Sleep mode	1st menu level	Sport	Data	Setting
Nothing is displayed, press the middle button for 5 seconds to show up the current time	Time			Time
	Sport			Unit
	Data			Pair
	Setting			View
				
		Stop watch		
		Coach mode		

10. CONTACT

Help us better support you by sending us your comments or questions by using our email contact on our website www.o-synce.com. Keep the original sales receipt, or a photocopy, in a safe place.

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